

November 3, 2019

Dear Rheem Team Families,

“The road to success is always under construction” is one of my favorite sayings and a perfect description of Rheem’s Halloween Parade.

This year’s Halloween parade began with our teachers taking center stage to the familiar song "Get Ready for This." Students and parents were treated to a Parade Ground under construction as teachers and staff circled the blacktop. Then, the music shifted to more traditional Halloween classics as each grade level, dressed as silly, super and spooky characters of all shapes and sizes, paraded as the crowd cheered. It was a great show of Rheem Team spirit!

Highlights included the students singing the “Rheem Team Song,” the traditional 5th grade “Ghostbusters” dance, and the Roadrunner mascots were awarded to Mrs. Webster’s 2nd grade and Mr. Greer’s 5th class for running the most laps at the recent FUN(d) run. The entire Rheem Team was in full effect!!

This Week at Rheem:

Monday, November 4th:

- Regularly scheduled Monday
- PBIS Store open for 3rd Grade (they were on a field trip last Wednesday)

Tuesday, November 5th:

- School Site Council meeting (3:15-4:30 at Rheem)

Wednesday, November 6th:

- Coordinating Council Meeting (3:30-5:00 at JM Library)
- PTA Sponsored Luncheon for Teachers

Thursday, November 7th:

- 4th Grade onsite field trip “Walk Through California” in the Frank
- Picnic Day

Friday, November 8th:

- Regularly Scheduled Friday

Monday, November 11th:

- NO SCHOOL – Veteran’s Day

Fall Back: Daylight Saving Time

In the event you found yourself early all day on Sunday you probably forgot to “fall back” and set your clocks an hour back. Be sure and make the adjustments before tomorrow morning.

Did you Know?

Halloween “Switch Witch” at Rheem

Did you know that there is a candy bowl for staff members in the office? Every now and then a teacher will swing through the office for a little sugar pick me up and dig their hand into the bowl. So, in the event you are looking for a place to send your excess Halloween candy this time of year, we welcome your candy donations to support our hungry (sweet tooth) staff members.

Mark Your Calendars for November 11th

Be sure to mark your calendar that Monday, November 11th is Veteran’s Day and there is no school.

Air Quality and Protocols to Keep Students and Staff Safe

With recent fires in nearby counties and throughout the state the air quality index can drop quickly with the shifting of winds. We want to be sure we are addressing the needs of our students and staff when it comes to their well-being. To do this we follow district protocol and keep children inside during recess and any other scheduled outdoor activities when the air quality drops to unhealthy levels.

What do we do about recess when the smoke impacts air quality?

- We check the following sites several times a day to monitor air quality
 - a. [Spare the Air](#)
 - b. [AIRNow](#)
- If the air quality is UNHEALTHY or UNHEALTHY FOR SENSITIVE GROUPS we will call an inside recess.
- If the air quality is MODERATE we will...
 - Recommend that students who have documented health issues stay inside in one of the safe places listed below.
 - Remind all students if they are feeling uncomfortable with their breathing in any way to take a break inside.
 - Offer a safe indoor space (i.e. MUR, office, Library...) for kids to be inside if needed.
 - Yard duty closely monitor students outside.

These types of conditions are becoming the norm for us this time of year and we are dedicated to providing a safe and healthy environment for everyone here at Rheem.

Thank you for your support and please feel free to reach out if you have any questions.

The Last Word...

Executive functioning is a term we hear a lot about these days. Executive functioning refers to a set of skills that underlie the capacity to plan ahead and meet goals, display self-control, follow multiple-step directions even when interrupted, and stay focused despite distractions, among others. It is important to understand that nobody is born with executive functioning skills but nearly everyone can learn them.

Correcting some common misconceptions around executive functioning:

- *Learning to control impulses, pay attention, and retain information actively in one's memory does not happen automatically as children mature.*
- Evidence does show that early interventions aimed at improving these capacities can have a broad array of important outcomes.
- *Young children who do not stay on task, lose control of their emotions, or are easily distracted are not "bad kids" who are being intentionally uncooperative and belligerent.*
- Providing a safe and predictable environment offers the sense of security needed for successful behavior change to occur.

Here are a few activities and practices I shared with you last year that you can implement to help build a strong foundation for executive functioning.

- For Kindergarten thru 2nd grade click [HERE](#),
- For 2nd grade through 5th grade click [HERE](#).
- Click [HERE](#) in the event you have middle school and high school age children.

Thank you again for all that you do to support your children and for taking your time to read these weekly RHEEMARKS, I hope you find them helpful.

There's no place like Rheem!

Mr. Sullivan